

Advice for young people during coronavirus

It can be confusing to know what to do when you are unwell during the coronavirus outbreak. Remember that the NHS is still providing safe care.

GP practices and hospitals have made changes to help reduce the risk of infection. Please follow government guidance - keep washing your hands regularly, wear a face covering in enclosed spaces and maintain social distancing.

Remember: if you are unwell, seek advice and medical attention. Here is some advice to help:

 <p>RED</p>	<p>If you experience any of the following:</p> <ul style="list-style-type: none">• Pale, mottled skin and feeling abnormally cold to the touch.• Severe breathing difficulty - going blue or breathless to talk / eat / drink.• A fit/seizure (unless these are expected for you).• Become extremely confused, difficult to wake or unresponsive.• Develop a rash that does not disappear with pressure (the 'Glass test').• Severe testicular pain.• If you have seriously harmed yourself, please tell an adult and seek urgent medical help.	<p>You need urgent help:</p> <p>Go to the nearest A&E department or call 999</p>
 <p>AMBER</p>	<p>If you experience any of the following:</p> <ul style="list-style-type: none">• Finding it hard to breathe but can still talk in full sentences / eat and drink.• Dehydration (feeling very thirsty, sunken eyes or no wee for 12 hours).• Becoming drowsy (excessively sleepy), irritable or confused.• Shivering or muscle pain without an obvious explanation.• A fever of 38°C / 100.4°F or above for more than 5 days.• Persistent vomiting.• Worsening or persistent abdominal pain.• Blood in your poo or wee.• Increasingly thirsty and weeing more.• Any limb injury causing reduced movement or persistent pain.• Head injury causing persistent pain or drowsiness.• You are getting worse or if you are worried.	<p>Immediately contact your GP and make an appointment to be seen that day or call NHS 111 - dial 111.</p> <p>We recognise that during the current COVID-19 crisis, at peak times, access to a healthcare professional may be delayed. If symptoms persist for 4 hours or more and you have not been able to speak to either a member of staff from your GP practice or to NHS 111, then consider going to your nearest A&E.</p>
 <p>GREEN</p>	<p>If none of the above features are present:</p> <ul style="list-style-type: none">• If you have any symptoms suggestive of COVID-19 (high temperature, new continuous cough or loss of taste/smell) stay at home and arrange to be tested via the NHS testing website or by calling 119. You and anyone in your support bubble must remain at home (isolate) until your test results are back.• If you have been burned, visit: https://safetea.org.uk/first-aid/ for first aid advice and for information about when to seek medical attention.	<p>Continue to recover at home.</p> <p>If you are still concerned, contact NHS 111 - visit 111.nhs.uk or dial 111.</p>
 <p>MENTAL HEALTH</p>	<p>If you're feeling extremely distressed, or are experiencing suicidal feelings:</p> <ul style="list-style-type: none">• Call 24/7 Mental Health urgent helplines, visit: https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/where-to-get-urgent-help-for-mental-health/• Call Papyrus Hopeline UK on 0800 068 4141.• Text SHOUT to 85258 - the Crisis Messenger for free 24/7 support.• Call Samaritans on 116 123 (freephone) - they will listen to you. <p>If you're worried about your mental health, talk with a trusted adult or seek guidance from your local GP, YoungMinds (visit https://youngminds.org.uk), Every Mind Matters (visit https://www.nhs.uk/oneyou/every-mind-matters) or call 0800 1111 for Childline.</p>	

Advice for young people in Scotland during coronavirus

It can be confusing to know what to do when you are unwell during the coronavirus outbreak. Remember that the NHS is still providing safe care.

GP practices and hospitals have made changes to help reduce the risk of infection. Please follow government guidance - keep washing your hands regularly, wear a face covering in enclosed spaces and maintain social distancing.

Remember: if you are unwell, seek advice and medical attention. Here is some advice to help:

 <p>RED</p>	<p>If you experience any of the following:</p> <ul style="list-style-type: none">• Pale, mottled skin and feeling abnormally cold to the touch.• Severe breathing difficulty - going blue or breathless to talk / eat / drink.• A fit/seizure (unless these are expected for you).• Become extremely confused, difficult to wake or unresponsive.• Develop a rash that does not disappear with pressure (the 'Glass test').• Severe testicular pain.• If you have seriously harmed yourself, please tell an adult and seek urgent medical help.	<p>You need urgent help:</p> <p>Go to the nearest A&E department or call 999</p>
 <p>AMBER</p>	<p>If you experience any of the following:</p> <ul style="list-style-type: none">• Finding it hard to breathe but can still talk in full sentences / eat and drink.• Dehydration (feeling very thirsty, sunken eyes or no wee for 12 hours).• Becoming drowsy (excessively sleepy), irritable or confused.• Shivering or muscle pain without an obvious explanation.• A fever of 38°C or above for more than 5 days.• Persistent vomiting.• Worsening or persistent abdominal pain.• Blood in your poo or wee.• Increasingly thirsty and weeing more.• Any limb injury causing reduced movement or persistent pain.• Head injury causing persistent pain or drowsiness.• You are getting worse or if you are worried.	<p>Immediately contact your GP and make an appointment to be seen that day or call NHS 24 - dial 111.</p> <p>We recognise that during the current COVID-19 crisis, at peak times, access to a healthcare professional may be delayed. If symptoms persist for 4 hours or more and you have not been able to speak to either a member of staff from your GP practice or to NHS 24, then consider going to your nearest A&E.</p>
 <p>GREEN</p>	<p>If none of the above features are present:</p> <ul style="list-style-type: none">• If you have any symptoms suggestive of COVID-19 (high temperature, new continuous cough or loss of taste/smell) stay at home and arrange to be tested via the NHS testing website or by contacting NHS Inform www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/test-and-protect/coronavirus-covid-19-testing. You and anyone in your support bubble must remain at home (isolate) until your test results are back.• If you have been burned, visit: https://safetea.org.uk/first-aid/ for first aid advice and for information about when to seek medical attention.	<p>Continue to recover at home.</p> <p>If you are still concerned, contact your GP or call NHS 24 - dial 111.</p>
 <p>MENTAL HEALTH</p>	<p>If you're feeling extremely distressed, or are experiencing suicidal feelings:</p> <ul style="list-style-type: none">• Contact the 24/7 mental health hub accessible via NHS 24 - dial 111 or visit nhsinform.scot• Call Papyrus Hopeline UK on 0800 068 4141.• Text SHOUT to 85258 - the Crisis Messenger for free 24/7 support.• Call Samaritans on 116 123 (freephone) - they will listen to you. <p>If you're worried about your mental health, talk with a trusted adult or seek guidance from your local GP, YoungMinds (visit https://youngminds.org.uk), Clear your head (https://clearyourhead.scot), Young Scot Aye Feel (https://young.scot/campaigns/national/aye-feel), SAMH for young people (https://www.samh.org.uk/get-involved/going-to-be/information-help/children-and-young-people) or call 0800 1111 for Childline.</p>	

Advice for young people in Wales during coronavirus

It can be confusing to know what to do when you are unwell during the coronavirus outbreak. Remember that the NHS is still providing safe care.

GP practices and hospitals have made changes to help reduce the risk of infection. Please follow government guidance - keep washing your hands regularly, wear a face covering in enclosed spaces and maintain social distancing.

Remember: if you are unwell, seek advice and medical attention. Here is some advice to help:



RED

If you experience any of the following:

- Pale, mottled skin and feeling abnormally cold to the touch.
- Severe breathing difficulty - going blue or breathless to talk / eat / drink.
- A fit/seizure (unless these are expected for you).
- Become extremely confused, difficult to wake or unresponsive.
- Develop a rash that does not disappear with pressure (the 'Glass test').
- Severe testicular pain.
- **If you have seriously harmed yourself, please tell an adult and seek urgent medical help.**

You need urgent help:

Call 999 and seek emergency care



AMBER

If you experience any of the following:

- Finding it hard to breathe but can still talk in full sentences / eat and drink.
- Dehydration (feeling very thirsty, sunken eyes or no wee for 12 hours).
- Becoming drowsy (excessively sleepy), irritable or confused.
- Shivering or muscle pain without an obvious explanation.
- A fever of 38°C / 100.4°F or above for more than 5 days.
- Persistent vomiting.
- Worsening or persistent abdominal pain.
- Blood in your poo or wee.
- Increasingly thirsty and weeing more.
- Any limb injury causing reduced movement or persistent pain.
- Head injury causing persistent pain or drowsiness.
- **You are getting worse or if you are worried.**

Immediately contact your GP or relevant local health services and make an appointment to be seen that day

We recognise that during the current COVID-19 crisis, at peak times, access to a healthcare professional may be delayed. If symptoms persist for 4 hours or more and you have not been able to speak to either a member of staff from your GP practice or local health services, then consider calling 999.



GREEN

If none of the above features are present:

- If you have any symptoms suggestive of COVID-19 (high temperature, new continuous cough or loss of taste/smell) stay at home and arrange to be tested via the NHS testing website or by calling 119. You and anyone in your support bubble must remain at home (isolate) until your test results are back.
- If you have been burned, visit: <https://111.wales.nhs.uk/encyclopaedia/b/article/burnsandscalds> for first aid advice and for information about when to seek medical attention.

Continue to recover at home.

If you are still concerned, contact your GP or local health services, or visit <https://111.wales.nhs.uk>.



MENTAL HEALTH

If you're feeling extremely distressed, or are experiencing suicidal feelings:

- Call Community Advice and Listening Line (CALL) on 0800 132 737, text 'Help' to 81066, or visit <https://www.callhelpline.org.uk/>
- Call Papyrus Hopeline UK on 0800 068 4141.
- Call Samaritans on 116 123 (freephone) - they will listen to you.

If you're worried about your mental health, talk with a trusted adult or seek guidance from your local GP. You can also call 0800 1111 for Childline, or contact MEIC (the helpline service for children and young people up to the age of 25 in Wales) by visiting <https://www.meiccymru.org/> or call 080880 23456 or text 84001 8am to midnight, 7 days a week.

Cyngor i bobl ifanc yng Nghymru yn ystod coronafeirws

Gall fod yn anodd gwybod beth i'w wneud pan fyddwch yn wael yn ystod y pandemig coronafeirws. Cofiwch bod y GIG yn dal i ddarparu gofal diogel.

Mae meddygfeydd teulu ac ysbytai wedi gwneud newidiadau i helpu lleihau'r risg o heintiad. Dilynwch ganllawiau'r llywodraeth – dal ati i olchi eich dwylo yn gyson, gwisgo gorchudd wyneb mewn mannau caeedig a chadw pellter cymdeithasol.

Cofiwch: os ydych yn wael, gofynnwch am gyngor a sylw meddygol. Dyma ychydig o gyngor i'ch helpu.



COCH

Os ydych yn profi unrhyw un o'r canlynol:

- Croen gwelw, smotiog sy'n teimlo'n anarferol o oer.
- Anhawster anadlu difrifol – mynd yn las neu'n rhy brin o o anadl i siarad/bwytia/yfed.
- Ffit/trawiad (os na chânt eu disgwyl).
- Dod yn ddryslyd iawn, anodd deffro neu ddim yn ymateb.
- Datblygu brech nad yw'n diflannu wrth bwysu (y 'prawf gwyrdd')
- Poen difrifol yn y ceilliau
- **Os ydych wedi anafu ei hunan yn ddifrifol, dywedwch wrth oedolyn a chael help meddygol ar frys.**

Rydych angen help ar frys

Ffoniwch 999 a gofyn am ofal argyfwng



OREN

Os ydych yn profi unrhyw un o'r canlynol:

- Anhawster wrth anadlu ond yn dal i fedru siarad mewn brawddegau llawn/bwytia ac yfed
- Dadhydradu (teimlo'n sychedig iawn, llygaid wedi suddo neu heb basio dŵr am 12 awr)
- Dod yn gynyddol gysglyd, mewn hwyliau gwael neu yn ddryslyd
- Crynu mawr neu boen cyhyrau heb esboniad amlwg
- Tymheredd o 38°C/100.4°F neu uwch am fwy na 5 diwrnod
- Cyfogi yn gyson.
- Poen yn y bol cyson neu waethygu.
- Gwaed yn eich pŵ neu wrth basio dŵr
- Cynyddol sychedig ac yn pasio dŵr yn amlach
- Unrhyw anaf i freichiau a goesau yn achosi llai o symudiad neu boen parhaus.
- Anaf pen yn achosi poen parhaus neu eich gwneud yn gysglyd
- **Yn gwaethygu neu os ydych yn bryderus**

Cysylltwch â'ch meddyg teulu neu wasanaethau iechyd lleol ar unwaith i wneud apwyntiad i gael eich gweld y diwrnod hwnnw.

Yn ystod y pandemig presennol, efallai y gall fod yn anos cael cyngor. Os bydd y symptomau yn parhau am 4 awr neu fwy ac nad ydych wedi gallu siarad â naill ai aelod o staff eich meddygfa neu wasanaethau iechyd lleol, yna ystyriwch ffonio 999.



GWYRDD

Os nad oes gennych unrhyw un o'r nodweddion uchod:

- Os oes gennych unrhyw symptomau a fedrai fod yn COVID-19 (tymheredd uchel, peswch newydd parhaus neu golli blas/arogl), arhoswch gartref a threfnu cael prawf drwy wefan profi GIG neu ffonio 119. Rhaid i chi ac unrhyw un yn eich aelwyd estynedig aros gartref nes i chi gael canlyniadau eich prawf.
- Os ydych wedi llosgi, ewch i <https://111.wales.nhs.uk/encyclopaedia/b/article/burnsandscalds> i gael cyngor cymorth gwybodaeth cymorth cyntaf a gwybodaeth am pryd i geisio sylw meddygol.

Daliwch ati i wella gartref

Os ydych yn dal yn bryderus, cysylltwch â'ch Meddyg Teulu neu wasanaethau iechyd lleol, neu edrych ar <https://111.wales.nhs.uk/>



IECHYD MEDDWL

Os ydych yn ofidus iawn neu'n cael teimladau am hunanladdiad, dylech:

- Ffonio y Llinell Cyngor Cymunedol a Gwrando (CALL) ar 0800 132 737, anfon neges destun 'Help' i 81066 neu ymweld â <https://www.callhelpline.org.uk/>
- Ffonio Llinell Gymorth Papyrus UK ar 0800 066 4141
- Ffonio'r Samariaid ar 116 123 (rhadffôn – byddant yn gwrando arnoch)

Os ydych yn bryderus am eich iechyd meddwl, siaradwch gydag oedolyn yr ydych yn ymddiried ynndo/ynnddi neu ofyn am help gan eich meddyg teulu lleol. Gallwch hefyd ffonio 0800 1111 ar gyfer Childline, neu gysylltu â MEIC (gwasanaeth llinell gymorth ar gyfer plant a phobl ifanc hyd at 25 oed yng Nghymru) drwy fynd i <https://www.meiccymru.org/> neu ffonio 080880 23456 neu anfon neges destun at 84001 8am i ganol-nos, 7 diwrnod yr wythnos.

Advice for young people in Northern Ireland during coronavirus

It can be confusing to know what to do when you are unwell during the coronavirus outbreak. Remember that the NHS is still providing safe care.

GP practices and hospitals have made changes to help reduce the risk of infection. Please follow government guidance - keep washing your hands regularly, wear a face covering in enclosed spaces and maintain social distancing.

Remember: if you are unwell, seek advice and medical attention. Here is some advice to help:

 <p>RED</p>	<p>If you experience any of the following:</p> <ul style="list-style-type: none">• Pale, mottled skin and feeling abnormally cold to the touch.• Severe breathing difficulty - going blue or breathless to talk / eat / drink.• A fit/seizure (unless these are expected for you).• Become extremely confused, difficult to wake or unresponsive.• Develop a rash that does not disappear with pressure (the 'Glass test').• Severe testicular pain.• If you have seriously harmed yourself, please tell an adult and seek urgent medical help.	<p>You need urgent help:</p> <p>Phone 999 or contact your nearest A&E department and seek emergency care</p>
 <p>AMBER</p>	<p>If you experience any of the following:</p> <ul style="list-style-type: none">• Finding it hard to breathe but can still talk in full sentences / eat and drink.• Dehydration (feeling very thirsty, sunken eyes or no wee for 12 hours).• Becoming drowsy (excessively sleepy), irritable or confused.• Shivering or muscle pain without an obvious explanation.• A fever of 38°C / 100.4°F or above for more than 5 days.• Persistent vomiting.• Worsening or persistent abdominal pain.• Blood in your poo or wee.• Increasingly thirsty and weeing more.• Any limb injury causing reduced movement or persistent pain.• Head injury causing persistent pain or drowsiness.• You are getting worse or if you are worried.	<p>Immediately contact your GP or GP Out of Hours (visit http://www.gpoutofhours.hscni.net/) and make an appointment to be seen that day.</p> <p>We recognise that during the current COVID-19 crisis, at peak times, access to a healthcare professional may be delayed. If symptoms persist for 4 hours or more and you have not been able to speak to either a member of staff from your GP practice or GP Out of Hours, then consider contacting your nearest A&E department.</p>
 <p>GREEN</p>	<p>If none of the above features are present:</p> <ul style="list-style-type: none">• If you have any symptoms suggestive of COVID-19 (high temperature, new continuous cough or loss of taste/smell) stay at home and arrange to be tested by calling 119. You and anyone in your support bubble must remain at home (isolate) until your test results are back.• If you have been burned, visit: https://safetea.org.uk/first-aid/ for first aid advice and for information about when to seek medical attention.	<p>Continue to recover at home.</p> <p>If you are still concerned, contact your local pharmacist or GP.</p>
 <p>MENTAL HEALTH</p>	<p>If you're feeling extremely distressed, or are experiencing suicidal feelings:</p> <ul style="list-style-type: none">• Call Lifeline on 0808 808 8000 or visit https://www.lifelinehelpline.info/• Call Childline - dial 0800 1111• Call Papyrus Hopeline UK on 0800 068 4141.• Text SHOUT to 85258 - the Crisis Messenger for free 24/7 support.• Call Samaritans on 116 123 (freephone) - they will listen to you. <p>If you're worried about your mental health, talk with a trusted adult or seek guidance from your local GP, YoungMinds (visit https://youngminds.org.uk), Every Mind Matters (visit https://www.nhs.uk/oneyou/every-mind-matters).</p>	